

**Amendments to the Specification:**

Please replace paragraph 15 beginning on page 4 of the specification with the following amended paragraph:

[0015] The advantages of the present invention will be apparent in the following detailed description of the illustrative embodiments thereof, which is to be read in connection with the accompanying drawing, wherein:

**Figures 1A-1F** are side, cross-sectional and exploded view schematic illustrations of an eye-loop embodiment of a latex tubing connector portion of an exercise system in accordance with the present invention;

**Figures 2A-2B** are schematic illustrations of embodiments of carabiner-type connectors disposed at the end of a threaded connector;

**Figures 2C-2D** are schematic illustrations of embodiments of carabiner-type connectors disposed at the end of a connector for use with a buckle;

**Figures 3A-3C** are schematic illustrations of embodiments of carabiner-type connectors disposed at the end of a threaded connector;

**Figure 4** is a schematic illustration of a foot plate having a hook and the connected ends of several latex tubing assemblies;

**Figure 5A-5B** are schematic illustrations of a “bench press” configuration of the exercise system, equipped with an inelastic adjustment strap;

**Figure 6** is a schematic illustration of a preferred configuration of the exercise system employing multiple latex tube assemblies;

**Figure 7** is an illustration of a back pad including ring-type terminators enabling distance adjustments between the pad and the rigid bar to which it will be connected via a latex tubing assembly;

**Figures 8A-8B** are schematic illustrations of a multi-segment embodiment of a rigid bar;

**Figures 9A-9B** are a schematic illustrations of an abdominal crunch configuration of the exercise system;

**Figures 10A-10C** are schematic illustrations of “curl-type” configurations of the exercise system;

**Figure 11** is a schematic illustration of another curl-type configuration, wherein the foot plate is replaced by a pair of foot stirrups;

**Figure 12** is a schematic illustration of a single-foot/single-arm curl-type configuration of the exercise system;

**Figures 13A-B** are schematic illustrations of the use of the short bar in a configuration allowing shoulder exercises such as dips; and

**Figure 14** is a schematic illustration of a two handle embodiment of the exercise system provided by the present invention; and

~~**Figures 15A-B** are schematic illustrations of two ends of a two handled exercise configuration of the exercise system.~~